Beyond the Penumbra

THE Penumbra Review

The Editor's Note

Some things stick—a line of poetry, a phrase in an article, a thought that just won't leave your head. This edition is a pause: a chance to slow down, notice what usually goes unnoticed, and explore ideas and perspectives that stay with you long after you turn the page.

Inside, you'll find poetry, essays, and reflections that dig far beneath the surface. From mental health and self-discovery to how social media quietly shapes the way we think, each piece offers a look at experiences that matter but don't always make the headlines. Some will challenge what you think you know, others will offer comfort, and some will simply exist—after all, not everything needs to be grand in order to influence.

Working on this magazine has been a privilege. It inspired me to think outside the box and to better understand how other people experience the world, the reality of surviving, but not always thriving. In many ways, it's reminded me how much people carry that we never see. We live in a world that moves unbelievably fast, so we invite you to slow down, take a break, even if just for a moment. Maybe a story sparks a memory, a question, or simply makes you feel a little less alone. That's enough. Take your time. Read, skip, come back. Let it linger.

Sincerely,
Talia Sherif
Editor-In-Chief

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Invisible Question Mark

By Marceline

Sit with me,
Tell me who I am,
Who I am supposed to be.

While I eat the meal you cooked,
With the so-called "perfect amount of spice,"
Exactly how I like it-

Exactly how you like it.

And I'll stare at your chair,
Nodding my head,
Laughing at a joke you once said,
Silently figuring out “where have we met?”

Have we really met?

And I'll wake up later,
With an invisible question mark on my mind,
And I'll glance at the mirror,
Projection of an image-
A very distant image of mine.

I'll paint the picture of the flowers,
"Their petals are not my alters"
"Their petals are not my alters"
I'll repeat,
I'll confess,
The day I really find out about myself.

Invisible Question Mark

Hannah,
Anna,
Isabelle,
Coraline,
Jacqueline,
All these names from which I'll choose one more time.

I'm not a monster.
I have flesh.
I have skin.
I have bones.

Running To Normalcy - Exploring The Hedonic Treadmill

By Karuki

When people say they are changed irrevocably by something, so moved, so affected, is it a testament to big transformation or simply an expression of a temporary surge in feelings?

The "hedonic treadmill" is a theory that proposes one's happiness as a pendulum, one that always settles back into equilibrium, ie, a baseline level of happiness, regardless of what occurs. Let us explore why that may be, the cogs in our brain that dictate such a mechanism, and also look at the way our brain tricks us into feeling normalcy in turbulent times.

You can notice hedonic adaptation whenever you engage in something new: the pleasure or discomfort creates an initial splash, a spike in happiness, before you get used to it or take it for granted. And before you know it, the event is just background noise. The theory proposes that no matter how hard you run, you will remain at the same place, ie, a happiness set point (Rosenbloom, 2010). This point differs among individuals; imagine everyone running on individual treadmills at different speeds! New events represent an increase or decrease in speed, causing you to exert more or less energy initially, but eventually you get used to it. The cogs that run this treadmill are greased by cognitive changes (APA PsycNet, n.d.), abundance denial (Easterbrook, 2003), and even perhaps, neurochemical processes that desensitise overstimulated hedonic pathways in the brain (Solomon & Corbit, 1974).

Hedonic adaptation differs from desensitisation though, as while both involve desensitisation to a stimulus, the former still involves sensitivity to changes in stimulus, while the latter causes reduced sensitivity to changes in stimulus (Frederick & Loewenstein, 1999). For example, both Sarah and Reid used to eat cheap fries for dinner every day. Sarah gets a promotion at work one week and begins ordering a more expensive item, chilli noodles, off the menu. The enhanced flavour makes both of them happier in the short term. Here, their happiness level temporarily jumps over their individual set points. In a week, however, Sarah becomes tired of tasting the same texture, wanting something different.

Thus, she displays desensitisation to current stimulus, but not towards changes in stimulus, ie, she is desensitised to the noodles but not towards changes in food bought. This shows hedonic adaptation. Reid, on the other hand, could not care less. Every time Sarah brings home a new food, the extent of his enthusiasm lowers further. He gets used to the current stimulus, ie, fries/noodles, bringing back his happiness level to the set point. Changes in the stimulus bring about little change in that set point, implying desensitisation to changes in stimulus as well. This is not an example of hedonic adaptation. Now imagine if both of them experienced hedonic adaptation but at different rates: Sarah takes two weeks to loathe noodles, while it takes one month for Reid. They have differing capabilities when it comes to handling change, creating different ranges for set point fluctuations (Diener et al, 2006).

Figuring out hedonic set points has useful applications in resilience research and clinical psychology. The former studies “resilience”, ie, the ability of individuals to remain at their setpoint despite adverse experiences (APA PsycNet, n.d.-b). The latter involves psychologists helping patients in depressive episodes to recover by enlisting them in altruistic activities. Why, you may ask? Turns out acts of kindness and altruistic actions benefit long term wellbeing and effectively raise the setpoint long-term (Sheldon & Lyubomirsky, 2006; The Secret of Happiness?, n.d.-b).

Running To Normalcy - Exploring The Hedonic Treadmill

Yes, these set points aren't actually "set" for life: they can be changed by actions or habits that encourage long-term change in wellbeing. Ahmed and Koob's (1998) study using rats and drugs found that drug abuse had a severe long-term impact on hedonic set point, and implied that this set point was merely a genetic tendency. The set point theory leans further into this genetic predisposition to a happiness set point. It proposes that the mind, through homeostasis, maintains a stable state of internal equilibrium despite external fluctuations (Shefrin, 2025).

Arguments have also been made for technological manipulation of hedonic set points through genetic recalibration (Walker, n.d.). Interesting yet eery stuff right there.

The "Diderot Effect" works on the same principle as the hedonic treadmill; philosopher Denis Diderot wrote in his essay "Regrets on Parting with My Old Dressing Gown" about rueing his new scarlet gown for the empty pockets and displeasure it brought (Arslan & Bakır, 2023). After being gifted the new gown, Diderot sought to replace the rest of his possessions, which looked substandard to the new gown, with more expensive items. Thus began a spiral of dissatisfaction and wanting to replace the old with new, with better. We can learn a few things from Diderot's displeasure, one being: don't accept expensive gifts..? But on a serious note, it does tell us of the dangers of comparison and wanting more and more. Glorification of the new/old drowns satisfaction in the present. This is a lesson we must all ingrain in ourselves as the world tumbles further into consumerism. Remember, normalcy is manufactured by the brain, forcing us into adaptation as a part of its coping mechanism. Practicing ethical and mindful consumption, be it of products or even media, and being more conscious of what propels you to want something can help you step off that treadmill and look beyond.

Running To Normalcy - Exploring The Hedonic Treadmill

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The Three Pillars Of Mental Health

By Lucas

As someone once told me, the only way to change the world around us is to change our inner-most world first. Think of nurturing your mental health as trying to find the right piece to complete a jigsaw puzzle. Only when you've found the missing piece will everything else easily fall into place. Gazing in retrospect at the final result, that tiny part won't seem like a crucial detail, yet without it, the puzzle is simply incomplete. Though fancy psychology jargon is now oftentimes thrown around on social media, mental health is still incredibly misunderstood. To put this metaphorically, there are three main pillars which hold our mental health, and perhaps sanity, aloft.

The first pillar, supporting the heaviness of day-to-day life, is your emotional health. Emotional health is all about regulating your feelings and coping with existence. So much of our lives rest atop this metaphorical pillar. Just as an example, your outlook on life greatly depends on your emotional strength and how well you can deal with daily issues, how well you can solve problems and transform depletion into opportunity. Emotional health, just like emotional strength, is a window into your personal world. How you behave, how you compose yourself, how you feel. Your whole mind and body is affected by your mood and emotions, marking this as a crucial element in overall mental health.

The Three Pillars Of Mental Health

Panning slightly, the second pillar, environmental health, stands tall like a wise, old tree in an ever-evolving forest. In this dense forest, you must watch out. Branches hover above like predators, ready to set you off your tracks, and exposed roots wait as you get closer, preparing themselves for attack. Despite the obstacles, you must manage to traverse the forest, and survive intact. Your environmental health encompasses your interactions with the surrounding world. Everything from the nutrients you consume to the medical care you receive, every aspect of your life which is dependent on our natural environment is environmental health.

Lastly, the third pillar represents spiritual health. Spiritual health, in essence, revolves around your sense of meaning. It's easy to get lost in the endless maze of human beliefs, but, on a personal level, the most important aspect of spiritual health is what you choose to value in life. The things that bring you hope on a gloomy day, the things that feed your soul when it's starving. Setting healthy and reasoned values creates a positive impact on your mental health. In a way, this pillar upholds the soul, the spirit inside you.

Caring for these aspects of your mental health daily can create visible impact, helping unlock creativity, mindfulness, and productivity through healing. Remembering these three metaphorical pillars which hold your mental state aloft helps take care of your wellbeing. Like a sapling that's gathering nutrients and resources to grow into a luscious tree, nurturing your mental health takes time, but with enough effort and persistence, your goals can be achieved.

Interview With Rachel Pascal

Healthcare & Medical Writer

First and foremost, please introduce yourself! Healthcare and medical writing seems like a really rare and interesting role, we want to hear all the in-depth info!

I'm Rachel Pascal, a freelance medical and health writer based in South-East London. What I do day-to-day is translate complex scientific, health and medical information into clear, credible communications that work, whether that's for patients trying to understand their treatment options, healthcare professionals making clinical decisions, or pharmaceutical companies building trust with their audiences.

I've been in this field for over a decade now (since 2012), and what makes healthcare writing particularly fascinating is that you're constantly balancing two critical needs: clinical accuracy and human connection. You're dealing with information that can literally impact someone's health outcomes, so every word matters. But if that information isn't accessible or engaging, it doesn't matter how accurate it is... people won't read it, understand it or act on it as you want them to.

My work spans a diverse range, from patient advocacy materials and white papers to journal articles, website copy, and educational resources. I've worked with top-tier pharmaceutical companies, patient advocacy organisations and patient charities, health tech start-ups, and clinical research organisations. One day I might be developing a white paper on HIV care, the next I'm writing educational content about chronic wound management or creating materials for people going through cancer treatment.

Interview With Medical & Healthcare Writer Rachel Pascal

Is there anything in particular that inspired you to pursue this career or has this always simply been a clear choice for you? How has your journey towards becoming the person you are today looked like?

It wasn't a clear, straight path for me. I studied Philosophy and English at the University of Bristol (graduated in 2009), with a particular focus on Philosophy of Medicine and Ethics, so there were seeds of interest in healthcare from early on, but I didn't set out thinking "I'll be a medical writer."

After university, I explored a few different paths. I taught English in South Korea for several months, worked as a copywriter at Yell Adworks, I even wrote a copy for a camping website!

My formal entry into medical writing came in 2011 when I joined HERON Health, which was later acquired by PAREXEL. I started in compliance and quality assurance, which was fantastic training because you learn the regulatory framework and understand why precision matters so much. From there, I moved into strategic communications. I realised I loved the challenge of crafting narratives that could genuinely help people.

Over the years, I worked my way up through various agencies, eventually becoming Writing Team Lead at Havas SO before going freelance in 2022.

Being a mother of two has also shaped my perspective. And living with coeliac disease has given me firsthand insight into the patient experience, understanding what it's like to try to understand health information when you're scared, overwhelmed, or just trying to live your life. These experiences make me a better writer because I never forget there's a real person on the other end of every piece I create.

Interview With Medical & Healthcare Writer Rachel Pascal

In today's fast-paced world, what do you think people are not grateful enough for?

I think we massively undervalue access to reliable health information. We live in an age where you can google any symptom and get a million results within seconds, but having access to information isn't the same as having access to good information.

There are teams of researchers, clinicians, medical writers, editors, and regulators working behind the scenes to ensure that when you read a patient information leaflet, a clinical guideline, or health advice from a reputable source, it's accurate, evidence-based, and safe. That infrastructure – built over decades – is something we often take for granted until we see what happens when it breaks down, like during the pandemic when misinformation spread so rapidly.

What is an "everyday evil" you experience often? Something banal but deeply unfair.

It's absolutely maddening when organisations create patient-facing materials that are theoretically meant to help people but are written in such dense, technical language that they're practically unusable. What makes it an everyday evil is that it's so often unintentional. People don't set out to confuse patients, but they're so immersed in medical terminology that they lose sight of their audience.

Interview With Medical & Healthcare Writer Rachel Pascal

Online trends have been notorious for causing serious mayhem in the past, what current trend do you find troubling and why?

The trend that concerns me most is health misinformation disguised as wellness advice on social media. Platforms like TikTok and Instagram are flooded with influencers giving medical advice without credentials, promoting unproven treatments, or fearmongering about legitimate healthcare interventions.

What makes this particularly troubling is how sophisticated it's become. These are charismatic people with glossy production values, speaking directly to camera, often sharing personal anecdotes that feel authentic. They exploit legitimate frustrations people have with healthcare systems and position themselves as offering the 'truth' that mainstream medicine is hiding.

The challenge is that debunking misinformation often doesn't work as well as we'd hope. By the time a correction reaches someone, they've already internalised the false claim. We need better health literacy education and more engaging, trustworthy health communicators who can compete in these digital spaces.

Interview With Medical & Healthcare Writer Rachel Pascal

Some of your published works are heavily focused on misinformation in the journalism field. Has misinformation in various sources ever hindered your work in the past?

Has misinformation hindered my work? Absolutely.
When I'm developing patient education materials or public health communications, I'm often competing against a flood of misleading information that's already reached my audience. People often come to health content with preconceived notions shaped by sensationalised headlines, influencers, or well-meaning but misinformed friends and family members. That means I'm having to gently correct misconceptions while also providing accurate information, which is a much harder communication challenge.

Interview With Medical & Healthcare Writer Rachel Pascal

What advice would you give to writers trying to avoid sources with false information?

My advice for writers trying to avoid sources with false information:

1. Start with primary sources whenever possible. Don't rely on someone else's (or AI's) interpretation of a study. Go read the actual research paper. Yes, it's hard work, but it's the only way to be sure you're not perpetuating someone else's misunderstanding or spin. Imagine what writers had to do before AI existed! Pretend that's you now.

2. Understand the hierarchy of evidence. A single small study doesn't carry the same weight as a systematic review or meta-analysis. A press release from a company selling a product isn't the same as peer-reviewed research. Know the difference and weight your sources accordingly.

3. Check the publication's track record. Is this a reputable journal or website? Do they have editorial standards? Are they transparent about funding and conflicts of interest? If something feels off, dig deeper. When I was first starting out this meant 'don't quote Wikipedia'... now things are much more complicated.

4. Look for corroboration from multiple independent sources. If a claim can only be found on one website or from one person, that's a red flag. Legitimate scientific findings are replicated and reported across multiple credible sources.

5. Be especially sceptical of health claims that are remarkably convenient. If information perfectly aligns with what someone is selling, promoting or politically advocating for, question it twice as hard. Do you really want to quote this information?

6. Develop relationships with credible experts. Having a network of trustworthy scientists, clinicians, and researchers you can consult when you're unsure is invaluable. Don't be afraid to reach out and ask questions.

Interview With Medical & Healthcare Writer Rachel Pascal

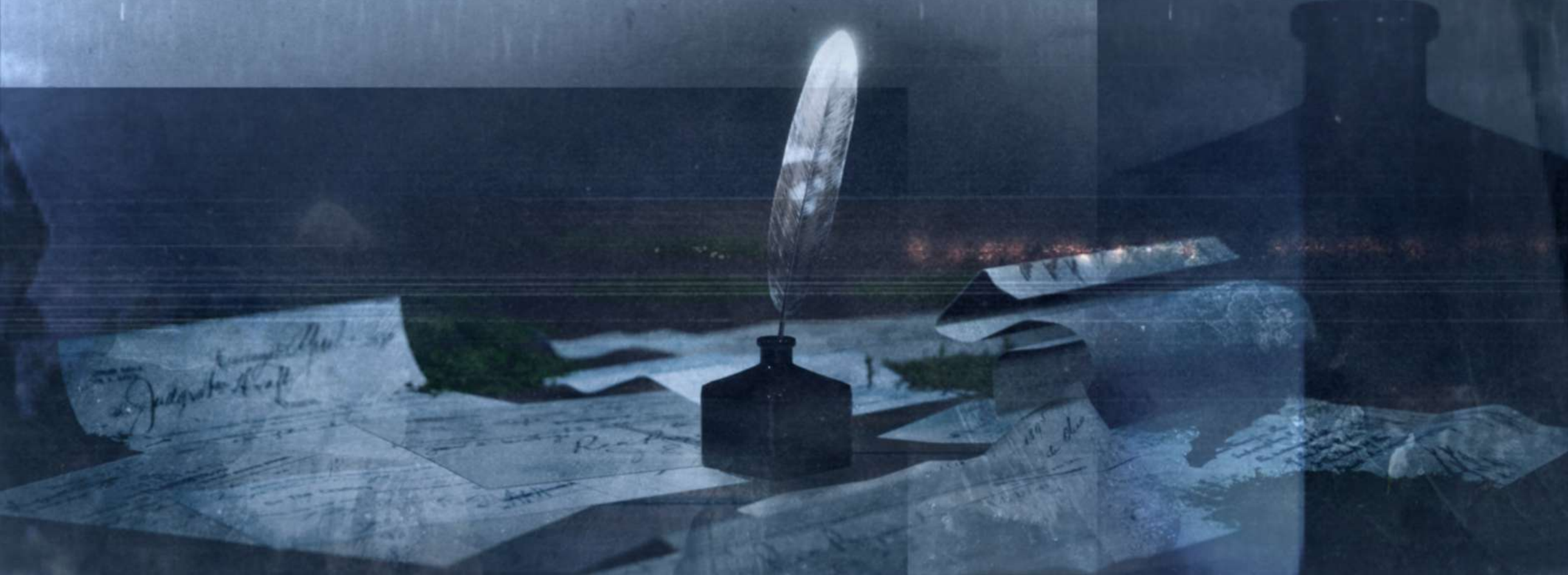
Your project "Make Sense Health" helps people make sense of wide-spread health claims. Are there any noteworthy details you'd like to mention about this initiative?

Make Sense Health is my Substack newsletter where I write about how health information is shaped, framed, and communicated, with the aim of helping people make sense of the health headlines, claims and advice they encounter every day.

I've spent over a decade as a medical writer, so I've seen firsthand how complex health information gets distorted as it moves from research papers to press releases to news articles to social media posts. By the time the average person encounters health information, it's often been through multiple rounds of simplification, sensationalisation or outright misrepresentation.

My goal is to empower people to be more sceptical consumers of health information without becoming cynical about all health advice. There's a sweet spot between believing everything you read and trusting nothing.

I'm passionate about making this accessible to everyone, not just people with medical backgrounds. We all deserve to understand the health information that affects our lives, and we shouldn't need a PhD to distinguish good science from pseudoscience.



Interview With Medical & Healthcare Writer Rachel Pascal

You've mentioned online that you're currently in the process of writing a book meant to explain the world of false medical claims and provide real-world solutions for examining healthcare information. Do you have any progress updates to share with the world?

Yes! I am working on a nonfiction book about health information. The premise is that we're living through what the WHO called an "infodemic"... a flood of conflicting, misleading and sometimes dangerous health claims. And most people don't have the tools to make sense of it. This book is meant to be that toolkit. I'm currently in the editing phase, which is both exciting and challenging.

The goal is to create something that's accessible without being condescending, evidence-based without being dry, and empowering without being preachy. If I've done my job right, readers will finish the book feeling more confident navigating health information, and maybe a little less anxious about all the conflicting advice out there.

Interview With Medical & Healthcare Writer Rachel Pascal

As an author yourself, what is a quote that speaks to you, and why do you like it?

The quote that opens my book, and one I return to often in my work, is from George Bernard Shaw: "The single biggest problem in communication is the illusion that it has taken place."

In healthcare, we're constantly dealing with this illusion. A doctor spends ten minutes explaining a treatment plan using terms like 'contraindications' and 'adverse events,' and the patient walks out having nodded politely but understanding almost nothing. A beautifully designed patient brochure sits unread in a clinic waiting room because it's written at a university reading level when most patients read at a sixth-grade level. A public health campaign broadcasts statistics about risk reduction, but people hear noise because the message wasn't framed in a way that connects with their lived experience.

Every time I write a patient education piece, a clinical communication, or an article explaining health headlines, I'm asking myself: Have I actually communicated this, or have I just created the illusion that I have?

Interview With Medical & Healthcare Writer Rachel Pascal

Lastly, are there any tips or suggestions you would give to someone wanting to pursue medical writing?

- Getting your foot in the door is hard… try these tips:
  - Start with med comms agencies rather than pharma, as they hire and train more junior writers
  - Work on transferable skills: clear writing, research ability, meeting deadlines
  - Invest strategically in credentials: medical writing courses, GCP certification, therapeutic area training
  - Create spec work if needed: mock patient leaflets, case studies, or educational content to demonstrate capability
  - Be persistent: rejections are part of the process; keep applying and learning

Interview With Medical & Healthcare Writer Rachel Pascal

- Develop your ability to interrogate a brief. The best medical writers are strategic partners. Learn to ask: Who's the audience? What do we want them to think, feel, or do? What evidence do we have to support this? What are the constraints (regulatory, budget, timeline)? These questions will make you invaluable.

- Create a versatile portfolio. Try different formats of writing: journal articles, patient education, white papers, social media content. Work across different therapeutic areas. This versatility will not only make you more employable but will also help you figure out what you enjoy.

- Master the art of simplification without dumbing down. This is the hardest skill to develop but the most valuable. Learn to explain complex concepts clearly while maintaining scientific accuracy. Study examples of excellent health communication. Practice, practice, practice.

- Join professional communities and network persistently. Whether it's the European Medical Writers Association, LinkedIn groups, or local networking events, connect with other medical writers. This field can be isolating, especially as a freelancer, and having peers to learn from, vent with, and collaborate with is invaluable.

- Remember the human element. Behind every patient information leaflet, every clinical study report, every medical education module, there are real people whose lives are affected by this information. That perspective will keep your writing grounded and purposeful, even when you're deep in the technical details.

- Be prepared for constant learning. Medicine evolves. Communication trends evolve. Regulatory requirements evolve. If you love learning and can stay curious, you'll thrive. If you want a field where you can master something once and coast, this isn't it.

Interview With Medical & Healthcare Writer Rachel Pascal

More From Rachel Pascal:

Blog

Website

Substack

The Psychology Behind Social Media Trends

By Gian

Trends are more than just fleeting fads on social media—they are essential aspects of life that shape the way our brain functions and behaves. From viral TikTok dances on social media to aesthetics in fashion, trends can have a neurological impact that can influence decision-making, attention, and social cognition.

One reason trends are so appealing is that they activate the brain's reward system. Likes, shares, and comments trigger areas like the ventral striatum and parts of the prefrontal cortex, which are linked to dopamine, the chemical that makes us feel good when we get rewards. For adolescents, this effect is even stronger. Studies show that teenagers who are more sensitive to popular peers experience bigger emotional responses when engaging with social media, which explains why trends can feel so hard to resist (Maza et al., 2024).

The Psychology Behind Social Media Trends

Teenagers' brains are still developing, and regions responsible for processing social information and controlling impulses aren't fully mature yet. Long-term studies have found that young people who are more responsive to social feedback online may later develop habits similar to addictive behaviors with social media (Flannery et al., 2024). Computational modeling supports this idea, showing that adolescents learn more from social feedback than adults, meaning that trends and online reactions have a stronger effect on their choices (da Silva Pinho et al., 2024). Trends also affect attention and focus. Social media is fast-paced and constantly changing, so our brains have to work harder to process it all. Brain scans using fNIRS show that even short sessions on social platforms increase activity in the prefrontal cortex, the area responsible for executive functions like planning, attention, and self-control. At the same time, performance on tasks requiring concentration and memory may decrease (Aitken et al., 2025). In other words, trends grab our attention, but they can also make it harder to focus on other things.

Over time, repeated exposure to trend-driven content can reinforce certain behaviors. Teens and young adults may become more sensitive to social rewards, and their brains may prioritize quick feedback over tasks that require sustained effort (Odgers & Jensen, 2020). This doesn't mean social media or trends are "bad," but it does show that our brains are wired to respond to social cues, and trends are designed to take advantage of that.

To summarize, trends influence the brain by engaging reward circuits, affecting attention and focus, and shaping how we respond to social feedback. These effects are most noticeable in adolescents, but anyone can be influenced by trends because our brains naturally seek social approval and novelty. Being aware of these effects can help us interact with trends more mindfully and make choices that aren't just driven by what everyone else is doing.

The Psychology Behind Social Media Trends

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The Ever-Evolving Field Of Drug Design

By Kenna

Sickness has ravaged the world since the dawn of time. Countless maladies pick people, flora, and fauna off each day, and there are countless kinds.. and this is not including subtypes, mutations, or variations. Thankfully, alongside the influx of new technology has arrived a new type of assistance to fight off these plagues: medication. Of course, in the beginning there were plants: echinacea for infection, peppermint for nausea, and basil for fever. As time went on, this would expand—things like vaccines surfaced to prevent disease before it happened. However, the most recent, medication, has a strange history to its very creation, which is known as drug design.

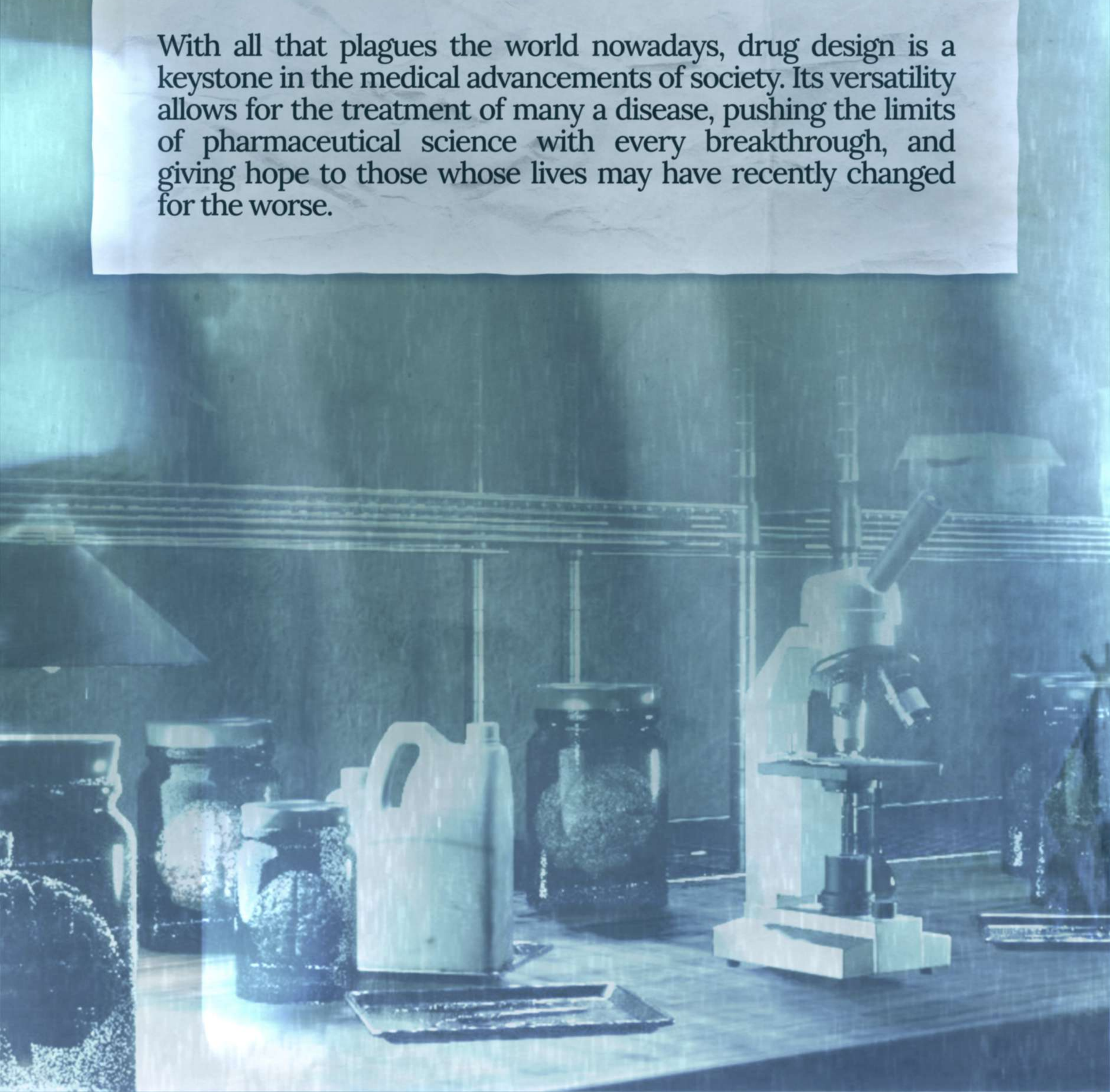
Drug design is a little more complex than what might come to mind upon hearing the term. Maybe you think of designing how the drug looks, its size, color, coating, or something like that? In reality, it's actually rooted in developing the atomic structure of the drug to ensure it will work effectively and attack the correct issues.

There are a surprising number of different variations or types of approaches and techniques involved in the creation of new medication, also known as rational drug design. The 3 main techniques used are SBDD, LBDD, and CADD. SBDD, or Structure-Based Drug Design, uses 3D models of protein structures to design the perfect type, so when it attacks its target, it will fit like a perfect puzzle piece. LBDD—Ligand-Based Drug Design—is used when the target's shape isn't known or familiar; it instead uses pre-existing active structures, called ligands, to try and determine what their relationship is with the target. The final technique, CADD, is also known as Computer-Aided Drug Design. This is mostly used to simulate molecular interactions and bindings, so researchers know what to look for.

The Ever-Evolving Field Of Drug Design

To clarify, what researchers are looking for are different specific proteins or enzymes involved in a disease, so they know what the drug will be interacting with. They'll employ the different techniques to try and refine their drug as best as possible; any successful and non-active (as in, the drug does not give terrible side effects) attempts will then be optimized to the best of the researchers' ability to ensure optimal effect on the body when taken. This is called molecular modification.

With all that plagues the world nowadays, drug design is a keystone in the medical advancements of society. Its versatility allows for the treatment of many a disease, pushing the limits of pharmaceutical science with every breakthrough, and giving hope to those whose lives may have recently changed for the worse.



Closing Note

As the last page is turned, we're left to reflect on the uncertainty we all face in today's world. The planet, the people, the pedagogics, everything is constantly changing and evolving. As distracting and overwhelming as this commotion may be, hopefully this edition has helped ease the sorrow and fill the gap of emptiness our society has carved. The curated poetry and articles featured here aim to show perspectives that are often underexplored, going behind the curtain and venturing beyond the penumbra.

The lines of "Invisible Question Mark" offer profound insight into dissociative identity disorder, exploring themes of self-discovery. Meanwhile, Rachel Pascal, an experienced medical writer with over a decade of expertise, shares thoughts on how the media regards, or rather disregards, people's wellbeing and treatment. She writes about advice for aspiring writers, also sharing her personal journey and providing a unique look at health information on the web. Furthermore, "The Psychology Behind Social Media Trends" reflects on how social media content is quietly rewiring our brains, affecting people's ability to focus, and negatively impacting attention spans. Within the pages of this edition, contributors have shared a part of themselves, unveiling the exceedingly relevant topics being ceaselessly pushed out of the spotlight.

Truly, I feel as though we are sealing a message in a glass bottle; sending it off to sail the seas. Hopefully our bottle, our vessel, stands the test of time; hopefully people far and near alike can indulge and discover that our world is far more than meets the eye.

Until Next Time,
Lucas Gladun
Co-Editor-In-Chief

THE Penumbra Review

thank you
for reading

♥

Beyond the Penumbra

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